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2 IN THE CLAIMS:

3 Please amend the claims as follows:

4 1. (Currently Amended)

5 A method of using a baseball training device for one to acquire improve batting form
6 comprising the steps of:

7 (a) placing a first foot on the baseball training device, the baseball training device
8 comprising: (i) an integrated pivoting unit comprising a first flange and a second
9 flange in facing relation, the first flange pivotally attached at its center to the
10 center of the second flange, a bearing housing defined where the first flange is
11 pivotally attached to the second flange for holding ball bearings, the first and
12 second flange each having an outward facing surface; (ii) a foot-engaging member
13 attached with fastening means to the outward facing surface of the first flange;
14 (iii) a ground-engaging member attached with fastening means to the outward
15 facing surface of the second flange; and (iv) a sealing a friction inducing member
16 encircling the bearing housing;

17 (b) assuming a batting stance, placing a second foot approximately a shoulder's width
18 apart from the first foot, and cocking a bat above the shoulder corresponding with
19 the first foot;

20 (c) shifting weight so that the majority of one's weight is supported by the first foot;

21 (d) swinging the bat, and simultaneously rotating the first foot on the baseball
22 training device but not moving the first foot off of the baseball training device so
23 that one's hips rotate in the same direction as the bat; and

24 (e) completing the swing.

25 2. (Currently Amended)

26 The method of claim 1 wherein the sealing friction inducing member is a rubber o-ring.

27 3. (Original)

1 The method of claim 1 wherein the fastening means are rivets.

2 4. (Original)

3 The method of claim 1 wherein the foot-engaging member and the ground-engaging
4 member are round.

5 5. (Original)

6 The method of claim 1 wherein the foot-engaging member and the ground-engaging
7 member have the same diameter.

8 6. (Original)

1 The method of claim 5 wherein the diameter ranges from 3.5 inches to 6.0 inches.
2 (Currently Amended)

3 A method of using a baseball training device for one to acquire improve batting form
4 comprising the steps of:

5 (a) placing a first foot on the baseball training device, the baseball training device
6 comprising: (i) an integrated pivoting unit comprising a first flange and a second
7 flange in facing relation, the first flange pivotally attached at its center to the
8 center of the second flange, a bearing housing defined where the first flange is
9 pivotally attached to the second flange for holding ball bearings, the first and
10 second flange each having an outward facing surface; (ii) a round foot-engaging
11 member having a first surface and a second surface, the first surface and second
12 surface being on opposite sides of the foot-engaging member, the first surface
13 attached with fastening means to the outward facing surface of the first flange;
14 (iii) a round ground-engaging member having a first surface and a second surface,
15 the first surface and second surface being on opposite sides of the ground-
16 engaging member, the first surface attached with fastening means to the outward
17 facing surface of the second flange; (iv) a ~~rubber o-ring encircling the bearing~~
18 ~~housing a sealing friction inducing~~ member encircling the bearing housing; and
19 (v) a cover material attached to the second surface of the foot-engaging member
20 and to the second surface of the ground-engaging member;
21 (b) assuming a batting stance, placing a second foot approximately a shoulder's width
22 apart from the first foot, and cocking a bat above the shoulder corresponding with
23 the first foot;
24 (c) shifting weight so that the majority of one's weight is supported by the first foot;
25 (d) swinging the bat, and simultaneously rotating the first foot on the baseball
26 training device but not moving the first foot off of the baseball training device so
27 that one's hips rotate in the same direction as the bat; and
28 (e) completing the swing.

29 8. (Original)

30 The method of claim 7 wherein the foot-engaging member and the ground-engaging
31 member have the same diameter.

32 9. (Original)

33 The method of claim 8 wherein the diameter ranges from 3.5 inches to 6.0 inches.

Respectfully submitted,

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